What Is Claimed Is:

1. A film, wherein a percentage strain change 100 hours after applying a load of 3.5MPa at a temperature of 23°C is not more than 2.0%, and a percentage strain change 100 hours after applying a load of 0.5MPa at a temperature of 55°C is not more than 2.5%.

2. The film according to claim 1, wherein the elastic modulus at a temperature of 23°C is not more than 60MPa, and the elastic modulus at a temperature of 55°C is not more than 20MPa.

3. The film according to claim 1, which comprises at least one substantially random interpolymer comprising:

(1) 1 to 99mol% of polymer units derived from

(a) at least one aromatic vinyl or vinylidene monomer, or

(b) at least one hindered aliphatic or cycloaliphatic vinyl or vinylidene monomer, or

(c) a combination of at least one aromatic vinyl or vinylidene monomer, and at least one hindered aliphatic or cycloaliphatic vinyl or vinylidene monomer, and

(2) 1 to 99mol% of polymer units derived from at least one α-olefin having 2 to 20 carbon atoms.

4. The film according to claim 3, wherein said interpolymer is a substantially random interpolymer comprising 5 to 65mol% of polymer units derived from at least one aromatic vinyl or vinylidene

monomer, and 35 to 95mol% of polymer units derived from at least one α-olefin having 2 to 20 carbon atoms.

5. The film according to claim 3, wherein said interpolymer is a substantially random interpolymer comprising 5 to 65mol% of polymer units derived from styrene, and 35 to 95mol% of polymer units derived from at least one α-olefin having 2 to 10 carbon atoms.

6. The film according to claim 3, wherein said interpolymer is a pseudo-random interpolymer comprising 5 to 50mol% of polymer units derived from at least one aromatic vinyl or vinylidene monomer, and 50 to 95mol% of polymer units derived from at least one α-olefin having 2 to 20 carbon atoms.

7. The film according to claim 3, wherein said interpolymer is a pseudo-random interpolymer comprising 5 to 50mol% of polymer units derived from styrene, and 50 to 95mol% of polymer units derived from at least one α-olefin having 2 to 10 carbon atoms.

8. A method for fastening cargo using a film comprising fastening or holding the cargo with a film having a percentage strain change 100 hours after applying a load of 3.5MPa at a temperature of 23°C that is not more than 2.0%, and a percentage strain change 100 hours after applying a load of 0.5MPa at a temperature of 55°C that is not more than 2.5%.

9. The method for fastening cargo according to claim 8, wherein the elastic modulus of the film at a temperature of 23°C is not more than 60MPa, and the elastic modulus of the film at a temperature of 55°C is not more than 20MPa.

10. The method for fastening cargo according to claim 8, wherein the film comprises at least one substantially random interpolymer comprising:

(1) 1 to 99mol% of polymer units derived from

(a) at least one aromatic vinyl or vinylidene monomer, or

(b) at least one hindered aliphatic or cycloaliphatic vinyl or vinylidene monomer, or

(c) a combination of at least one aromatic vinyl or vinylidene monomer, and at least one hindered aliphatic or cycloaliphatic vinyl or vinylidene monomer, and

(2) 1 to 99mol% of polymer units derived from at least one α-olefin having 2 to 20 carbon atoms.

11. The method for fastening cargo according to claim 10, wherein said interpolymer is a substantially random interpolymer comprising 5 to 65mol% of polymer units derived from at least one aromatic vinyl or vinylidene monomer, and 35 to 95mol% of polymer units derived from at least one α-olefin having 2 to 20 carbon atoms.

12. The method for fastening cargo according to claim 10, wherein said interpolymer is a substantially random interpolymer

comprising 5 to 65mol% of polymer units derived from styrene, and 35 to 95mol% of polymer units derived from at least one α-olefin having 2 to 10 carbon atoms.

13. The method for fastening cargo according to claim 10, wherein said interpolymer is a pseudo-random interpolymer comprising 5 to 50mol% of polymer units derived from at least one aromatic vinyl or vinylidene monomer, and 50 to 95mol% of polymer units derived from at least one α-olefin having 2 to 20 carbon atoms.

14. The method for fastening cargo according to claim 10, wherein said interpolymer is a pseudo-random interpolymer comprising 5 to 50mol% of polymer units derived from styrene, and 50 to 95mol% of polymer units derived from at least one α-olefin having 2 to 10 carbon atoms.